

**Why Don't You
Believe Me?**

Objectives

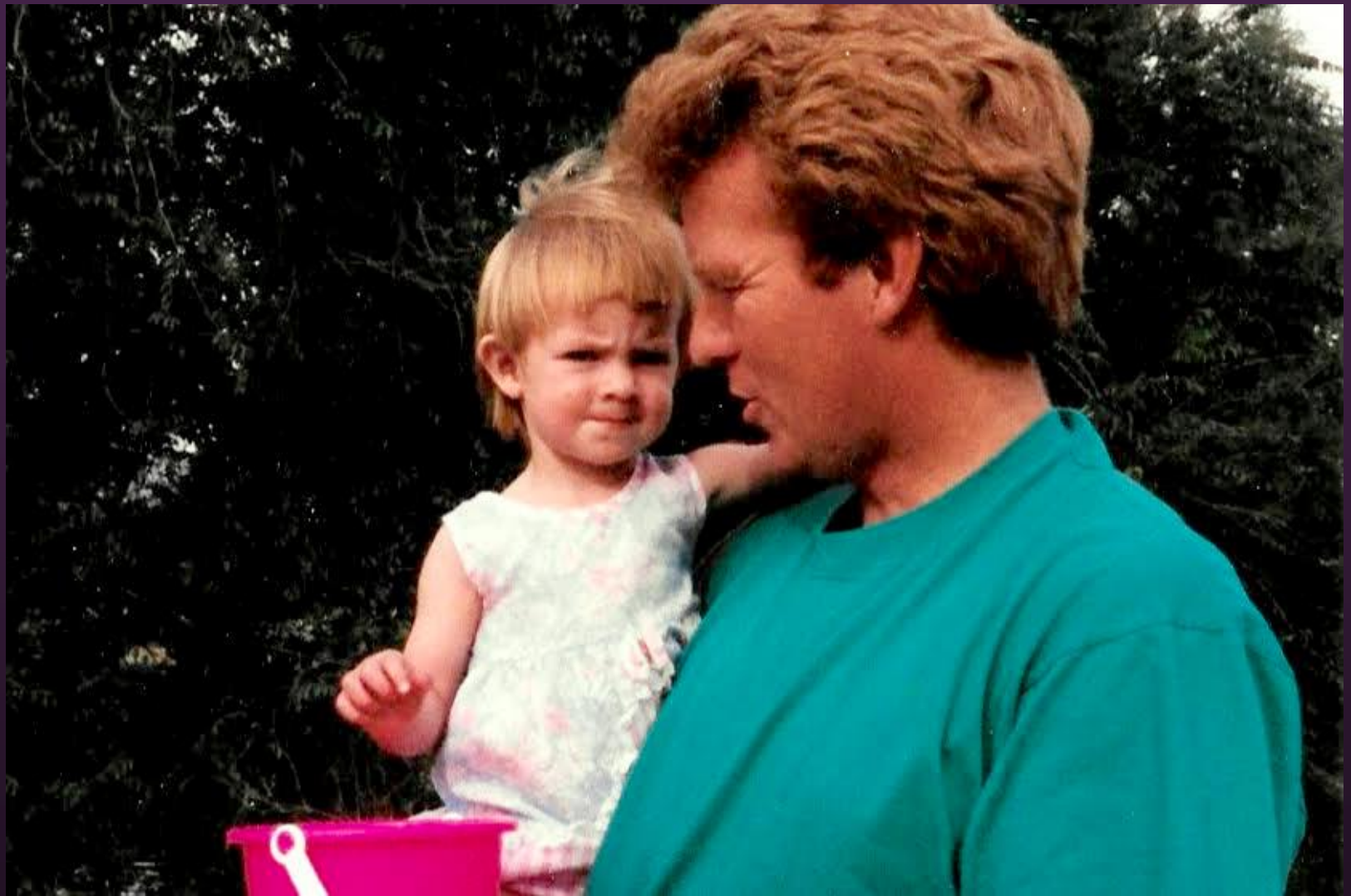
Leave with the ability to actively engage with teens while creating an awareness of an individual's mental health.

Cultivate healthy relationships with teens.

Maintain the ability to identify warnings signs of violence and how to respond with trauma-informed protocol.

Activity

What are your assumptions of
the following...











Assumption



Pretension



Pretentious

Activity

Breaking Down Assumptions

DO NOT LIST TITLES

What Did You Learn?

Going Back To Our Roots



Expose Your Roots



Stages:

- 1) Fear
- 2) Anger
- 3) Shame or Guilt
- 4) Struggle for Worthiness

Benefits of Exposure



- 1) Joy
- 2) Creativity
- 3) Belonging
- 4) Love
- 5) True Connection

Working with Youth

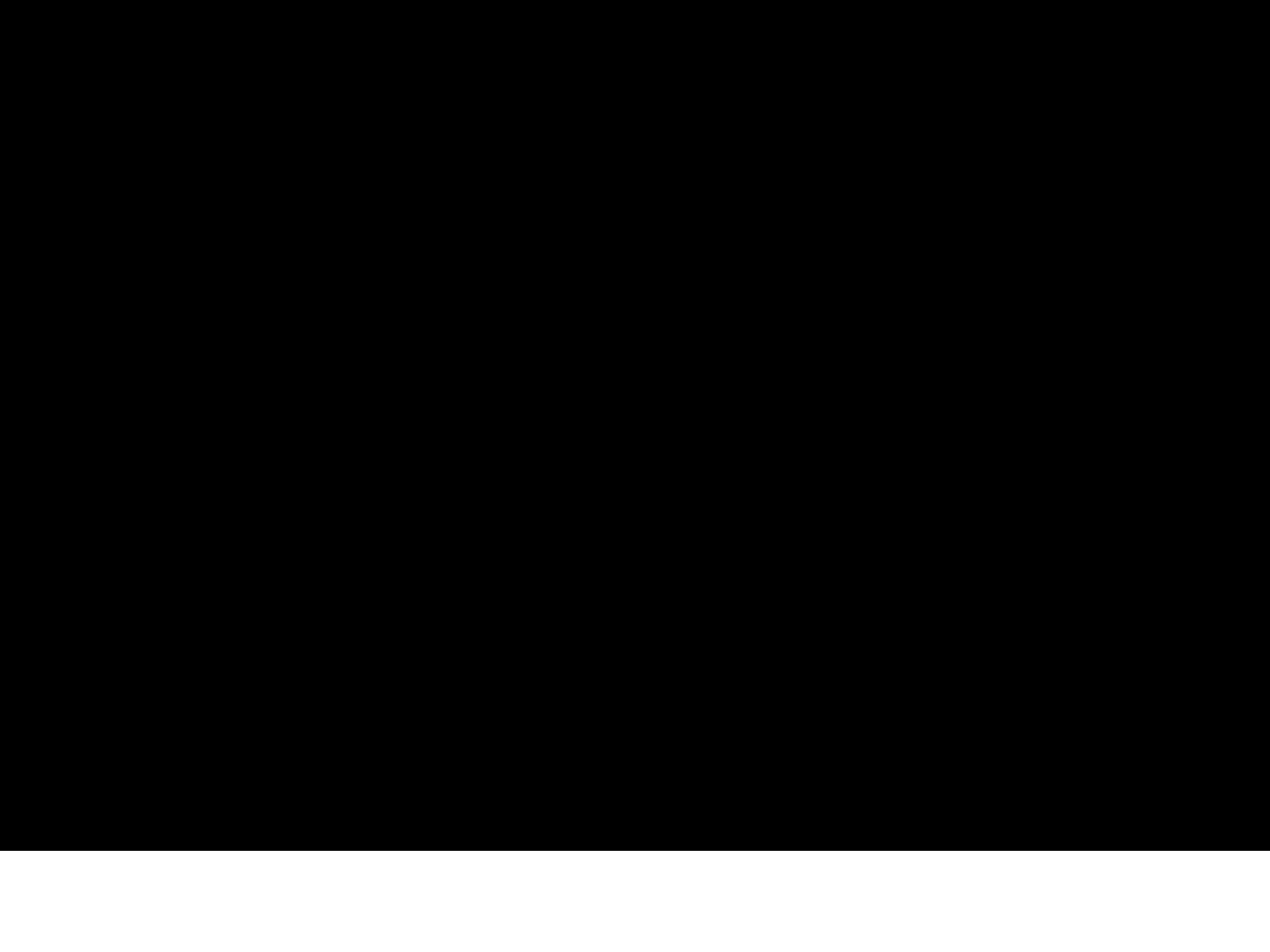
- 1) Why did you want to work with youth?
- 2) Is it what you *assumed* it to be or different?
Explain.
- 3) How have assumptions hindered your work?

Idaho Statistics

In the last 30 days, 14% of Students reported posting or sending a revealing or sexual photo.

26% of Students reported being bullied on school property.

20% of Teens reported they have seriously considered attempting suicide



The Foundation of Relationships



Administration

Co-Workers

Teens

Families you
come in
contact with

Honesty & Trust

Safety

Communication

Support

Fairness & Equality

Respect

Acceptance

Individuality

Which characteristic
do you offer the
most to the people
around you?

Which characteristic
do you need the
most improvement
on?

Honesty & Trust

Safety

Communication

Support

Fairness & Equality

Respect

Acceptance

Individuality





Warning Signs of Violence



What Do You Know?



Responses to Trauma

- Poor Hygiene
- Feeling Emotionally numb
- Depression
- Refusing Going to School

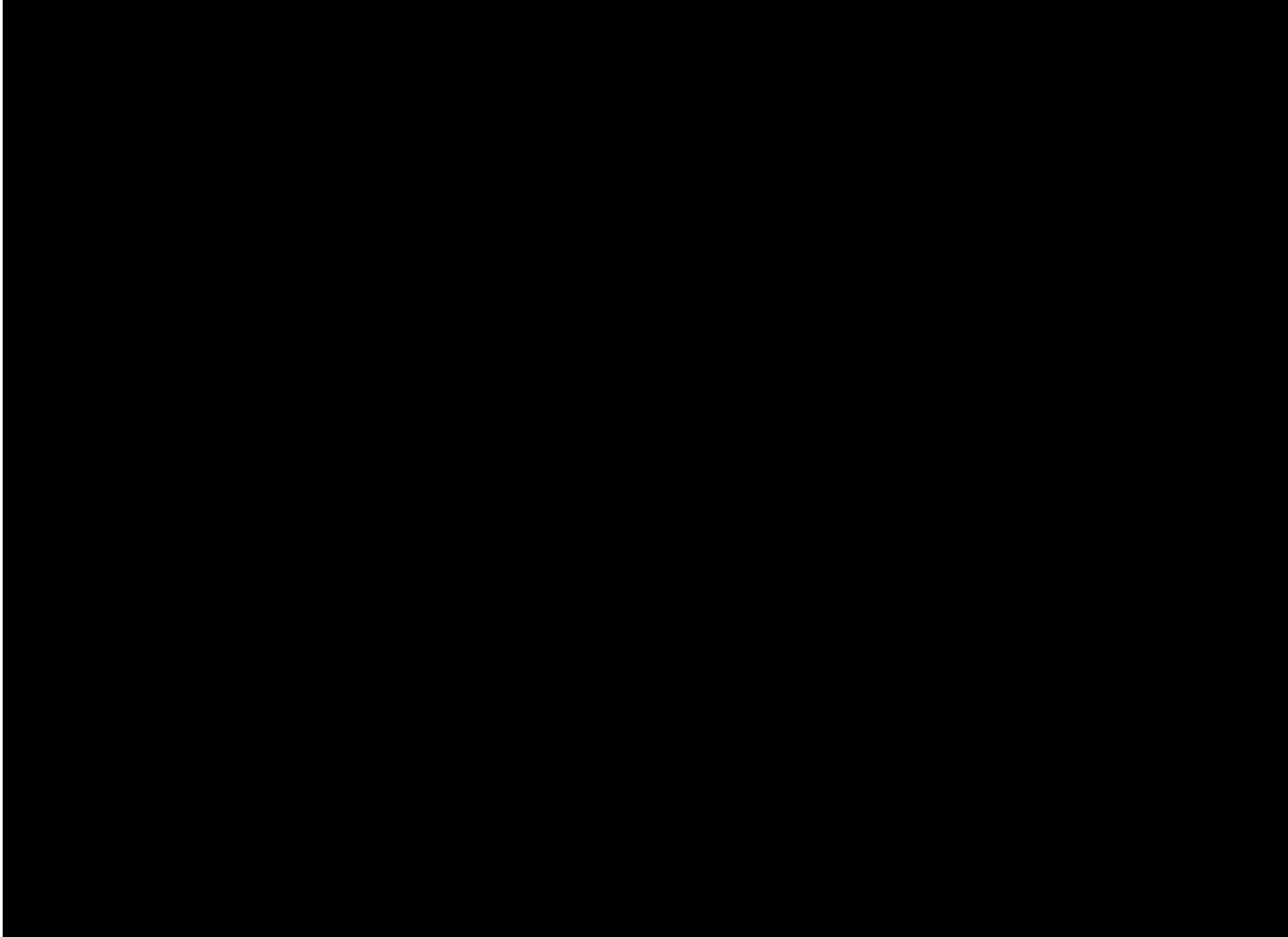
- Isolation
- Decline in school
- Aggressive
- Complaining of physical problems

- Lack of Concentration
- Loss of Interest in Fun Activities
- Developing Unfounded Fears

- Quiet Around Friends, Family & Teachers
- Irritable or Disruptive
- Bursts of Anger

Trauma Informed

- **R**espect
- **E**mpower
- **A**lways ask Location
- **L**imit trauma



In Their Shoes



Discussion

What were some preventative measures that could have taken place?

Formulate a cohesive outline to introduce to your workplace.

A Few Thoughts...

When we break
down assumptions
everything
becomes possible.

Work from a place
of vulnerability and
humility; it allows
connectedness.

Reflect but do not dwell.